



## DESCRIPTION OF THE LEVEL OF HAPPINESS OF NURSING STUDENTS WHO ARE WRITING THEIR MINI-THESIS

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### ABSTRACT

The process of preparing a mini thesis in students is often accompanied by high levels of stress because they face strict academic demands. One factor that can help students overcome stress is to increase happiness. Final semester students need happiness to feel comfortable during the process of preparing a mini-thesis. Unhappy students can have a negative impact on their academic performance, motivation, and overall well-being. Objective: This study aims to determine the description of the level of happiness of college students who are preparing a mini-thesis at the Faculty of Nursing, Padjadjaran University. Method: The research design used is descriptive quantitative. The population in this study were college students who were preparing a mini-thesis at the Faculty of Nursing, Padjadjaran University as many as 176 college students, but the respondents were 130. Data was collected using Oxford Happiness Questionnaire (OHQ) designed by Hills & Argyle with validity test results ranging from 0.26-0.69 and the reliability test results 0.91. Univariate analysis was carried out using descriptive statistics. Results: The results showed that in general (72,3%) college students of the Faculty of Nursing, Padjadjaran University who were preparing a mini-thesis were in the category of tending to be happy and a small proportion (27,7%) were in the category of tending to be unhappy. Conclusions: The conclusion of this study is that most college students have a high sense of comfort, pleasure, joy, and peace to complete the mini-thesis.

Keywords: college students; happiness; mini-thesis; nursing

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## INTRODUCTION

Humans as social creatures can experience various types of emotions, including positive and negative emotions. Nisfiannoor and Kartika (in Latifayuniar, 2021) say that some examples of negative emotions that a person can feel are anger, sadness, fear, and anxiety. On the other hand, positive emotions are the opposite of negative emotions. Happiness is one form of positive emotion that can have a positive impact on human life. A happy person will live a calmer life which will help him to be more valuable to himself and others. Happiness can increase if more and more needs are met. Regardless of social status, economy, age, or level of education, everyone has the right to feel happiness, including final year students. Final year students have an obligation to make scientific papers which are a prerequisite for obtaining an academic degree (Asrun et al., 2020).

Students are challenged to solve a problem with a critical mindset during the mini-mini-thesis preparation process. This also happens to nursing students. Final year nursing students must complete coursework, field practicum, mid-semester exams, final semester exams, research

proposal exams, carry out research, and end at USSK or mini-thesis trial. In connection with the tight schedule and activities, the process of preparing a mini-thesis can be a severe obstacle for nursing students. The obstacles that occur can reduce motivation which results in students not graduating on time (Etika & Hasibuan, 2016). Various challenges and obstacles faced by final year nursing students can affect their level of happiness, which is something that every human wants in life. Various problems experienced by students when preparing a mini-thesis can increase negative emotions, reduce positive emotions, and cause low life satisfaction. This has the potential to affect the level of student happiness (Fitriana, 2018). Sativa et al. (2013) also revealed that an unhappy state in a person can have a negative impact on his life such as the onset of sadness, difficulty in concentrating, and likes to be alone so that it affects the people around him.

Based on the initial assessment data that has been conducted by researchers, information is obtained that students who are preparing a mini-thesis at the Faculty of Nursing, Padjadjaran University feel happy because they get support from fellow mini-thesis fighters and feel happy because they are one step closer to getting a bachelor's degree and ending their pre-clinical period. In addition, other students often feel obstacles in the process of preparing a mini-thesis which is characterized by feelings of boredom, laziness, and uncertainty about the research topic they have chosen. In addition, students experience obstacles in searching for literature and arranging appointments with supervisors. These difficulties can cause feelings of unhappiness. This is in line with research (Julita et al., 2015), various student obstacles in completing the mini-thesis, among others, are caused by internal factors in the form of student motivation, as well as obstacles from external factors, namely finding mini-thesis topics, finding appropriate literature, and problems with supervisors that often arise during mini-thesis consultations. Various obstacles in living life as a final year student who is preparing a mini-thesis can potentially become pressure on nursing students. This can be seen from the phenomenon of stress that occurs in students who prepare a mini-thesis at the Faculty of Nursing, Padjadjaran University. Based on research conducted by Putri (2020), the majority of mini-thesis writing students' stress levels at the Faculty of Nursing, Padjadjaran University are very high. The results showed that as many as 87 people (53%) experienced very severe stress, 39 people (24%) experienced severe stress, 16 people (10%) experienced moderate stress, 13 people (8%) experienced mild stress, and as many as 9 people (5%) were in a normal state.

The stress experienced by nursing students when compiling a mini-thesis can result in the emergence of stress symptoms such as feeling easily tired, anxious, lack of enthusiasm, and even wanting to stop doing the mini-thesis preparation. Among the consequences that can occur are delaying the completion of the mini-thesis or choosing to forget it, avoiding the supervisor, complaining about the problems being faced on social media, and causing delays in the study period (Gamayanti et al., 2018). Therefore, nursing students need happiness when working on the mini-thesis so that they can work on the mini-thesis comfortably. For final year nursing students, happiness is an important element in developing and building professionalism. Caring, empathy, confidence, flexibility and physical endurance are key skills required in providing quality patient care. The development of these skills largely depends on how happy students are (Khosrojerdi et al., 2018). Happiness is essential in the training and development of nursing students as future nurses. This research aims to determine the description of happiness of nursing students who are writing their mini-thesis at Padjadjaran University. The results of this research can be used as a benchmark to form a strategy to increase the happiness of students who are preparing a mini-thesis at the Faculty of

Nursing, Padjadjaran University. In addition, increasing happiness can be applied during the Ners Professional Education Programme when students face patients directly.

## METHOD

This study was conducted using a quantitative descriptive method with a cross-sectional time approach. The population in this study were 2020 batch students who were preparing a mini-thesis at the Faculty of Nursing, Padjadjaran University, Jatinangor and Pangandaran Campuses with a sample of 130 students, consisting of 120 female students and 10 male students. The sampling technique used the total sampling method. The variable used in this study is the level of happiness. The happiness measurement instrument in this study used the Oxford Happiness Questionnaire (OHQ) which consists of 29 favorable and unfavorable questions. The measurement scale is carried out using a Likert scale. This Likert scale consists of 6 answer options, namely Strongly Disagree, Disagree, Moderately Disagree, Moderately Agree, Agree, and Strongly Agree. The OHQ instrument has been validity tested on 172 Oxford Brookes University undergraduate students consisting of women and men. The validity test obtained an  $r$  table value = 0.1258 and obtained validity test results = 0.26-0.69 (Hills & Argyle, 2002). In addition, the reliability test of the OHQ instrument was conducted on 172 Oxford Brookes University undergraduate students consisting of females and males which showed high scale reliability with a value of Cronbach's Alpha = 0.91. The data analysis results were categorized into two categories: tend to be happy and tend to be unhappy.

## RESULTS

Table 1.  
Respondent Characteristics (n= 130)

Respondent characteristics	f	%
Age		
20	2	1,5
21	81	62,3
22	41	31,5
23	6	4,6
Gender		
Male	10	7,7
Female	120	92,3
Campus area		
Jatinangor	110	84,6
Pangandaran	20	15,4

Table 1, the data shows that most of the respondents are in the age group of 21 years (62,3%), almost all respondents are female (92,3), and almost all respondents come from the Jatinangor campus area (84,6).

Table 2.  
Respondent Happiness (n= 130)

Happiness	f	%
Happy	94	72,3
Unhappy	36	27,7

Table 2, the majority of respondents in this study are in the happy category (72,3%).

## DISCUSSION

Happiness is the experience of pleasure in the form of positive emotions felt by a person and positive activities carried out by a person, as well as the absence of depression and anxiety or

negative emotions (Argyle, 2013; Seligman, 2013). According to Setyowati et al. (2019) a happy person is likely to be able to create various positive things in personal and interpersonal aspects, learning, and career. White (2006) also suggests that happiness can be defined as a subjective feeling felt by someone when they feel happy and satisfied with their life circumstances. Thus, it can be concluded that happiness can be felt in various individual lives, such as social relationships, careers, or personal achievements, including in terms of compiling a mini-thesis. As a student who compiles a mini-thesis, happiness can be felt when successfully compiling the mini-thesis with satisfactory results.

Based on the results of research that has been conducted on active students of class 2020 who are preparing a mini-thesis at the Faculty of Nursing, Padjadjaran University, Jatinangor and Pangandaran campuses with a total of 130 respondents, the results show that most students who are preparing a mini-thesis at the Faculty of Nursing, Padjadjaran University are in a category that tends to be happy and a small proportion are in a category that tends to be unhappy. Based on these results, the number of students who are preparing a mini-thesis in the category tends to be happy is more than students who are in the category tends to be unhappy. Therefore, it can be interpreted that most respondents have a high sense of comfort, pleasure, joy, comfort, and peace towards their ability to complete the mini-thesis which is indicated by the average score of the statement items in the questionnaire which tend to show positive results.

The percentage of the results of this study tends to be slightly lower when compared to the research of Arintonang & Siswati (2020) which states that most of the 2015 batch students who are preparing a mini-thesis at the Faculty of Law, Diponegoro University experience a high level of happiness at 71.36%. This can happen because the majority of students carry out a fairly smooth guidance process, feel diligent and happy to work on it, enjoy the mini-thesis they are working on, and follow the flow or process well. In addition, high happiness in these students also occurs because they are happy to be supported by family and friends who provide encouragement when working on the mini-thesis. Meanwhile, when compared to Fadila & Hariko's research (2023), the percentage of students who were in the high and very high happiness categories was only 55.3%. This happened because in the study the researchers took samples from various batches who were preparing the mini-thesis, where the higher the academic level (batch), the higher the level of stress felt (Smith & Yang, 2017).

According to the researcher's analysis, the high tendency to be happy in this study can be influenced by differences in research subjects which will affect the results of the study. The characteristics of the sample in this study only took one batch, namely the 2020 batch of students, which was the first time undergoing periods as a student undergoing a mini-thesis course in semester 7. The 2020 batch still has the opportunity to work on the mini-thesis at the deadline, namely in semester 8 and there is still hope to graduate on time so that it affects their happiness. This is in line with the research of Nezhad et al. (2022) which says that there is a statically significant difference between the academic year of nursing students and their happiness, namely the higher the student's academic year, the lower the happiness they feel. In addition, the researcher argues that this is influenced by the possibility of differences in lecture load during the mini-thesis process of the research respondents.

The high happiness of nursing students who are preparing a mini-thesis indicates the ability of these students to engage in the mini-thesis preparation process and enjoy various activities related to and outside the mini-thesis. Students are also able to understand and learn from

each mini-thesis process with positive emotional conditions, which are characterised by comfort and pleasure in living their daily lives. This finding is in line with Wenas et al. (2015) who said that a happy person has made a comprehensive assessment of their happiness and feels satisfaction with the conditions of the surrounding environment. This positive happiness is shown by feeling happy because it will soon achieve a bachelor's degree and a sense of comfort and peace. This is reasonable considering that the mini-thesis is the final course that students look forward to, where after completing it they will graduate and get a bachelor's degree, and get closer to becoming a nurse.

## **CONCLUSION**

This study was conducted to determine the description of the level of happiness of final year students who are working on their mini-thesis at the Faculty of Nursing, Padjadjaran University. Based on research that has been conducted on 130 active students of class 2020 who are preparing a mini-thesis at the Faculty of Nursing, Padjadjaran University, Jatinangor and Pangandaran Campuses, the results show that almost all respondents are in the category of tending to be happy, which means that students already have a high sense of comfort, pleasure, joy, and peace to complete the mini-thesis and a small percentage are in the category of tending to be unhappy.

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